

OKINAWA MARINE

JANUARY 10, 2014

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Infantrymen fast-rope into Hansen LZ

Marines execute fast-rope techniques out of a CH-53E Super Stallion helicopter Jan. 8 at a landing zone on Camp Hansen. "It's important for the Marines to be comfortable with their gear when coming down (the rope)," said Sgt. Gregory J. Dominguez. "In hostile environments, they can't be scared to come down from the helicopter. They have to be focused." Dominguez is a machine gun section leader with 2nd Battalion, 5th Marine Regiment, currently assigned to the 31st Marine Expeditionary Unit, III Marine Expeditionary Force, under the unit deployment program. The Marines are with 2nd Bn., 5th Marines, and the helicopter and crew are with Marine Heavy Helicopter Squadron 463, currently assigned to Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st MEU, under the UDP. Photo by Cpl. Natalie M. Rostran



SEE PAGES 6-7 FOR STORY & PHOTOS



A CH-53E Super Stallion touches down at Landing Zone Falcon Jan. 3 during confined area landing training in the Central Training Area. The helicopter and crew are with Marine Heavy Helicopter Squadron 463, currently assigned to Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st Marine Expeditionary Unit, III Marine Expeditionary Force, under the unit deployment program. Photo by Lance Cpl. David N. Hersey

Super Stallions train for confined area landings

Lance Cpl. David N. Hersey

OKINAWA MARINE STAFF

MARINE CORPS AIR STATION FUTENMA — CH-53E Super Stallion helicopter and crew members executed confined area landing training Jan. 3 at Marine Corps Air Station Futenma in preparation for future deployments and to maintain the high-level of readiness demanded of their profession.

The helicopters and crew are with Marine Heavy Helicopter Squadron 463, currently assigned to Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st Marine Expeditionary Unit, III Marine Expeditionary Force, under the unit deployment program. see **STALLIONS** pg 5

Recon Marines depart for Sandfisher 2014

Cpl. Brandon Suhr

OKINAWA MARINE STAFF

MARINE CORPS AIR STATION FUTENMA — Marines and sailors with 3rd Reconnaissance Battalion departed Jan. 7 to Hawaii for Exercise Sandfisher 2014 to expand their capabilities, training and combat readiness.

Sandfisher is an annual bilateral amphibious reconnaissance and combat diving exercise between an international partner nation and the U.S. Marine Corps. The exercise enhances interoperability, improves military-to-military relations, and increases collective military readiness between the

see **SANDFISHER** pg 5

President Obama calls sailor on Christmas Day

1st Lt. Noah Rappahahn

OKINAWA MARINE STAFF

CAMP SHIELDS — Senior Chief Petty Officer Vilma T. Rodriguez received a phone call Christmas Day from President Barack Obama, while celebrating the holiday with friends on Camp Shields.

"In my almost 19 years in the Navy, I've never experienced

see **OBAMA** pg 5IN THIS
ISSUEETC TOLL PAYMENT NOW
AVAILABLE TO SOFA PERSONNEL

PG. 3

ARMED SERVICE BLOOD BANK
CENTER HOLDS BLOOD DRIVES TO
SAVE LIVES, HELP III MEF MISSION

PG. 4

SERVICE MEMBERS SHARE
HOLIDAY TRADITIONS WITH
COMMUNITY

PG. 10

See **Source** inside for Take Away Touchdown Packages!

Time management increases productivity

Cpl. Jose D. Lujano

What is time? Time is the ticking of a clock, the interruption of an alarm, the calendar on the wall. However you may view it, the challenge for most Marines is managing it.

Although managing time is one of the most important factors in a service member's life, it seems to be a skill that many learn through hardship and necessity. Time management provides the opportunity for service members to balance a variety of challenges, tasks and goals they may want to accomplish.

Time management is a skill that takes time to develop and perfect and is different for everyone. Your best bet is to try different approaches until something clicks and works for you.

Tips that can increase the effectiveness and efficiency in time management are tools like developing lists, making use of downtime, concentrating on one task at a time, rewarding yourself, avoiding procrastination, setting personal deadlines, delegating responsibilities, working in teams, setting up long-term plans, and avoiding burnout.

A simple "to do" list can be a huge help for most people. If you do not carry a planner or notebook already, start. Carrying a "green monster" (green notebook) is common for Marines. Write down as much as you can, and review your notes to stay reminded of the tasks ahead.

Another useful tip is using downtime to organize and plan. Think about what your goals are for that day or the next. Which goals are most important? Once you prioritize you can work toward each goal. This time can also be useful when delegating responsibilities to ensure your fellow Marines are not taking on more than they can handle.

"Deadlines cause stress, aggravation and worry. A way to alleviate some of that stress is to set your own accurate and attainable deadlines."

The human mind works more efficiently when it is focused. Multitasking is often required in the military lifestyle, but it may be a disadvantage for productivity. Focus on one thing and get it done correctly before moving on to the next task. Remember, slow is steady and steady is fast.

The ultimate productivity-killer is procrastination. You should never leave something for tomorrow when it can be done now.

Deadlines cause stress, aggravation and worry. A way to alleviate some of that stress is to set your own accurate and attainable deadlines. Keep in mind service members expect more from themselves, so be demanding but realistic.

Regardless of what military branch or civilian position you are in, teamwork is essential and inevitable. Good communication, making sure the goals and deadlines are clear and ensuring everyone knows their responsibilities is a great way to improve productivity.

Whenever possible, avoid burnout. This may occur when your body and mind can no longer effectively complete the tasks you demand of them. Do not try to force yourself to do the impossible.

Proper time management will, in most cases, allow for the adequate diet and rest needed to perform in high-stress environments.

Lastly, be sure to leave time for relaxation and reflection. Review your recent accomplishments and make sure you recognize the accomplishments of those around you. Reflection and praise are some of the best ways to gain confidence, which can lead to increased productivity; the ultimate goal of proper time management.

Lujano is a combat correspondent for the Okinawa Marine newspaper.

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AROUND THE CORPS



1st Sgt. Juan Gallardo, left, and Gunnery Sgt. Jason Batson, fire 9 mm pistols during a battle sight zero range Dec. 22, 2013, at Camp Leatherneck in Helmand province, Afghanistan. Marines obtained their BZO to ensure weapon accuracy during field operations. Gallardo is the company first sergeant and Batson is the company gunnery sergeant of Headquarters and Service Company, 3rd Battalion, 7th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force (Forward).

Photo by Lance Cpl. James Mast

Staff Sgt. Anthony Arroyo motivates a Semper Fidelis All-American West Team player during the first day of practice Jan. 1 at the Santa Ana Stadium in Santa Ana, Calif. The Semper Fidelis Football program provides an opportunity for the Marine Corps to demonstrate its commitment to developing quality citizens. Arroyo is a drill instructor with Marine Corps Recruit Depot San Diego. Photo by Sgt. Dwight A. Henderson



OKINAWA MARINE

The Okinawa Marine is published by Marine Corps Community Services under exclusive written contract with Marine Corps Base Camp Smedley D. Butler, Okinawa, Japan.

The editorial content of this newspaper is edited and approved by the Consolidated Public Affairs Office of Marine Corps Base Camp Smedley D. Butler.

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OKINAWA MARINE NEWSPAPER
H&S Battalion MCB PAO
Unit 35002
FPO AP 96373-5002

CENTRAL BUREAU
Camp Foster
DSN 645-9335

NORTHERN BUREAU
Camp Hansen
DSN 623-7229

SOUTHERN BUREAU
Camp Kinser
DSN 637-1092



Winner, 2012 DoD Thomas Jefferson Award
Best Tabloid Format Newspaper



Vehicles pass through a toll collection point. The electronic toll collection lanes (center) have recently been made available to status of forces agreement personnel stationed in Japan. The ETC program provides a measure of convenience and savings. *Courtesy photo*

Electronic toll collection open to SOFA personnel

Lance Cpl. Stephen D. Himes

OKINAWA MARINE STAFF

CAMP FOSTER — U.S. service members and civilian status of forces agreement personnel stationed in Japan are now eligible to use the electronic toll collection card program on toll roads in Japan.

The ETC program provides a measure of convenience and savings based on location when compared to paying normal toll charges during peak commuting periods. Recently, a Japanese company made the ETC program available to SOFA personnel and their families.

"The ETC program was previously unavailable to SOFA personnel because the ETC bill was traditionally paid only by Japanese residents through their Japanese bank accounts or credit cards," said Gary Snyder, the deputy assistant chief of staff, G-4, logistics, with Marine Corps Installations Pacific and Marine Corps Base Camp Smedley D. Butler. "This was a major

hurdle since most SOFA residents do not have access to opening Japanese bank accounts."

The creation of a simplified method for SOFA personnel and their families allows them to take advantage of ETC card benefits.

The new system has a secure, direct-billing process for a SOFA member's credit card, according to Snyder.

"I'd say the entire sign-up process may be completed within a week, provided a person orders the ETC reader and it is installed after completing the online sign-up/acceptance process," said Snyder.

Monetary savings will vary, and are directly tied to an individual's use of the expressway, according to Snyder. Early morning and early evening commutes are two of the larger cost-saving time windows under the program.

For more information about the ETC card visit japanetccard.com, and for a step-by-step instructional video, search japanetccard.com on Facebook, or contact Fadtech at 080-3228-7642.

BRIEFS

CONSTRUCTION ON EXPRESSWAY

Maintenance work will be conducted between Okinawa Expressway Yaka (Exit 7) and Kin (Exit 8) interchanges Jan. 8 through March 31.

A section of the highway will have reduced lanes and no center divider. Traffic congestion is expected during commuting hours and major events.

NEGATIVE SCHOOL LUNCH ACCOUNTS MAY PROMPT COMMANDER NOTIFICATION

In an effort to continue offering school lunch services, the Exchange School Meal Program must notify commanders regarding personnel in their units with delinquent school lunch accounts in excess of \$50 or more as of January 14, 2014.

Complete account balance information is available at www.MyPaymentsPlus.com.

Funds can be added at participating post and base exchange customer service locations, the school cafeteria or through www.MyPaymentsPlus.com. Parents and guardians can find out more information about the Exchange School Meal Program at www.ShopMyExchange.com/Community/SchoolLunch/.

For further questions or comments, please contact Craig Masek, Region Food Program specialist at DSN 645-6380 or email MasekCr@aafes.com.

TUITION ASSISTANCE

In an effort to assist as many Marines as possible with the limited TA funding available, one class at a time will be authorized.

Requests can be submitted to: education@okinawa.usmc-mccs.org.

Marines are encouraged to apply early for TA but no earlier than 30 days out per MARADMIN 611/13.

Tuition assistance is issued on a first-come, first-served basis.

For additional information, visit a guidance counselor at an Marine Corps Community Services Education Center.

ID SCANNING AT COMMISSARIES

Commissaries on Okinawa will now be scanning Department of Defense ID cards with every purchase.

This is part of a new DoD policy and encompasses all service branches.

When your DoD ID is scanned no personal information will be collected. Only individuals with a valid DoD ID will be authorized to make purchases.

TO SUBMIT A BRIEF, send an email to okinawamarine.mccb.fct@usmc.mil. The deadline for submitting a brief is noon Wednesday. Okinawa Marine reserves the right to edit all submitted material.

12th Marine Regiment earns quarterly Mess Hall honor



Col. Lance A. McDaniel, left, receives the Mess Hall of the Quarter trophy for Marine Corps Installations Pacific from Chief Warrant Officer Lisa M. Figueroa recently during a ceremony at the 12th Marine Regiment's mess hall. The Marines managing the mess hall earned the award after a number of factors were reviewed. McDaniel is the commanding officer of 12th Marines, 3rd Marine Division, III Marine Expeditionary Force. Figueroa is the food service operations officer with Headquarters and Service Battalion, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific.

Photo by Lance Cpl. David N. Hersey

Japanese employee retires after 44 years

Cpl. Natalie M. Rostran

OKINAWA MARINE STAFF

MARINE CORPS AIR STATION FUTENMA — Faithful. Consistent. Dedicated. After 44 years of working for the Marine Corps Air Station Futenma Chaplain's Office, Keiko Onaga retired Dec. 18 from her position as the administrative specialist.

Onaga began working for the chaplain's office in 1969, after seeing a flyer promoting the position. She had worked with the U.S. Army for four years before transitioning to the Marine Corps.

"At first, I didn't want to apply, but my friends encouraged me," said Onaga. "I wasn't a Christian back then, and I didn't know anything about chaplains or the Marine Corps. It was all new."

Since then, Onaga has continuously worked with the office over four decades, seven different office buildings and dozens of chaplains.

"When I started, there wasn't a (religious program specialist)," said Onaga. "It was just me and the chaplain. There would be a new one every two years. There were so many."

The chaplains on MCAS Futenma attribute their easy transitions in part to Onaga's unwavering dedication to the office, according to Lt. Cmdr. Matthew Weems, the station chaplain with MCAS Futenma.

"She's the continuity between chaplains. She



Keiko Onaga, center, stands with Col. James G. Flynn, left, and Sgt. Maj. Delvin R. Smythe thanking Onaga for her 44 years of dedicated service Dec. 18 at the Marine Corps Air Station Futenma Chaplain's Office. Flynn is the commanding officer, and Smythe is the sergeant major of MCAS Futenma. Courtesy photo

knows what's going on, and knows what reports are due and when," said Weems. "She had contact with all the different organizations we work with outside the Marine Corps. She also knew all the (master labor contractors) that work on station. She was networked in with the civilian side of the house."

Onaga not only worked as an administrative specialist but her Japanese language skills helped the office keep their volunteer opportunities open and dependable, according to Weems.

"We wouldn't have been able to do community relations projects the way we did without her," said Weems. "As the chaplain's office, we can really be autonomous, really mobile. We can schedule things when other community relations specialists aren't available."

With Onaga's help, the chaplain's office

provided services to communities that would otherwise be out of reach, according to Navy Lt. Wesley E. Schlotz, the chaplain with Headquarters and Headquarter Squadron, MCAS Futenma.

"She (planned) most of our volunteer trips," said Schlotz. "She made the calls, got the directions, and made maps for volunteers to follow. On site, when there was ever a language barrier, she was there to help (by translating)."

Onaga has enjoyed her work and appreciates all the opportunities the position has given her.

"Everyone was always so nice to me, all the chaplains and RPs," said Onaga. "They were always so understanding, which was good as a mother of three kids. I am so proud to have worked for the Marine Corps and the Chaplain Corps."

Onaga's hard work and dedication will be sorely missed at the chaplain's office, according to Weems. Onaga now dedicates her time to her children, grandchildren and her church.

"She always went above and beyond the call, for 44 years," said Weems. "She was sweet and easy to get along with. Humble. Faithful. Dedicated. We're going to miss her."

Donors key for III MEF exercises, saving lives

Cpl. Alyssa N. Gunton

OKINAWA MARINE STAFF

CAMP FOSTER — U.S. Pacific Command's Armed Services Blood Bank Center, located on Camp Lester, will hold weekly blood drives throughout Okinawa in preparation for Exercise Cobra Gold 2014.

The Armed Services Blood Program's mission is to support blood operational readiness, promote, maintain and restore the health of those they support, and be the leader in superior blood health service support for the Asia-Pacific region.

"The main reason we're here in the (area of operation) is to support eight medical facilities, and all the training missions of all services," said Douglas R. Kennedy, the blood donor recruiter at the center. "All of the blood we collect supports service members, family members, retirees, Department of Defense employees and contractors."

USPACOM requires ASBP blood to be staged at forward medical facilities to ensure the safety of U.S. forces participating in regional exercises, according to Kennedy. The center is informed of the required amount of blood in advance, so it can be ready when the event commences.

If there is not an adequate quantity of blood donations, the center will reach out to U.S. centers for shipment, and may have to purchase the remainder to fulfill the requirement, according to Kennedy.

"A reason you should want to donate is because we support the best people — we support the armed services," said Kennedy. "The key word that we need to get to our family members is we also need them to donate because when the active-duty members deploy our donor pool goes down."

The donating process takes about 45 minutes and is not very painful, according to Cpl. Jeremy T. Marsh, a regular donor and a network defense administrator with G-6, communications, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific.

"Every time I see a blood drive, I want to donate because it's personal for me," said Marsh. "My dad was in an accident and needed a lot of blood. He got 10 extra days (of life) because of it."

People donate for many different reasons, according to Kennedy. Reasons for donating include a desire to help others, the fact that a donor may never know when they could be on the receiving end, or a sense of duty and responsibility



Seaman Zachary Walsh, standing, prepares to draw Cpl. Jeremy T. Marsh's blood during a blood drive Jan. 6 at Bldg. 494 on Camp Foster. Walsh is a hospital corpsman at U.S. Pacific Command's Armed Services Blood Bank Center. Marsh is a network defense administrator with G-6, communications, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific. Photo by Cpl. Alyssa N. Gunton

knowing that blood donations have directly affected their lives.

"Donating is important," said Kennedy. "I know that because I received four units of blood last September. I know the importance of the donation and the miracle behind it."

It is not only important to consider donating whole blood, but platelets as well, according to Kennedy. It takes about six whole blood donations to equal one platelet transfusion. The three main components of blood are red blood cells, platelets and plasma. RBCs last up to 42 days and are crucial for victims with major blood loss. Plasma, often frozen, is typically used to help tissue damage and burn victims.

"Platelets are only good for five days, and you can donate every 15 days and up to 24 times a year," said Kennedy.

"Another reason to support is because you never know when you're going to need it," Kennedy continued, "I asked a lance corporal once 'why do you donate?' He said, 'because it's the right thing to do.'"

For more information on donating blood or platelets, contact the blood center at 643-7710 or email NHOKiBloodDonor@med.navy.mil, or visit militaryblood.dod.mil.

Marines line up for special duty assignment screenings



Marines view a promotional video during a Marine Corps Embassy Security Guard briefing and screening Jan. 8 at Camp Hansen. "Going on a special duty assignment pulls you out of your comfort zone and enhances yourself not only for the Marine Corps, but also for when you get out (of the Marine Corps)," said Gunnery Sgt. Jerel D. Swain. Marines should do their research on special duty assignments, find out what they are qualified for and, most importantly, stay qualified, according to Swain. To find out more about special duty assignments in the Marine Corps contact your unit's career counselor. Swain is the MSG monitor, Headquarters Marine Corps Personnel Management Division, HQMC. Photo by Cpl. Lena Wakayama

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anything like this," said Rodriguez, an independent duty corpsman at the Camp Kinser Group Aid Station, Combat Logistics Regiment 37, 3rd Marine Logistics Group, III Marine Expeditionary Force.

"To receive a call from the president, it's a big deal," she added. "I felt honored that he took time to show his concern for the well-being of my family."

The president wished Rodriguez a Merry Christmas, and thanked her for her hard work during Operation Damayan, the military relief effort in the Republic of the Philippines following Typhoon Haiyan. The Marines and sailors assembled with Rodriguez also had an opportunity to wish the president a Merry Christmas.

Calling service members on Christmas has become a tradition for the commander-in-chief, and this year Rodriguez was selected for her admirable performance during Operation Damayan.

Rodriguez responded to the crisis by providing essential medical care for the U.S.

military response team, but was also affected personally by the storm. Rodriguez, a native of Tacloban, one of the hardest hit areas, lost her brother and cousin to the typhoon. Dealing with her own personal crisis, Rodriguez prioritized the needs of others over her own, dedicating herself to the relief effort.

Rodriguez impressed Master Chief Petty Officer Eric S. Anderson, command master chief of III MEF, who ultimately nominated her for the phone call.

While working alongside her in the Philippines, Anderson and Master Chief Petty Officer Donald C. Schrader, command master chief of 3rd MLG, III MEF, both took note of her selfless attitude despite her personal loss.

"She always had a smile on her face; she was very resourceful," said Schrader. "She had her priorities all in order – to the mission first."

"She's a very humble person, she always puts others before herself," he added. "She's got a heart of gold."

SANDFISHER from pg 1

services.

"Sandfisher is generally a bilateral training exercise with the Singapore Armed Forces, however this year they were unable to attend," said Capt. David W. Harris, the commanding officer for Company B, 3rd Recon. Bn., 3rd Marine Division, III Marine Expeditionary Force. "Their absence this year will be replaced with members of the New Zealand Special Air Service. This allows us to further our military partnership with them."

Although the U.S. service members are stationed on the island of Okinawa, Japan, some training opportunities can only be found on Hawaii, according to Harris. Training on Hawaii allows the service members to execute high-altitude, high-opening parachuting, night patrols and other operational readiness training.

"Through this training, the Marines will hone their skills in amphibious reconnaissance, ground reconnaissance, weapons and tactics, tactical casualty care, and specialized insertions and extractions," said Harris. "These are the core skills which are vital to the success of reconnaissance platoons deploying in support of the Marine Air-Ground Task Force."

This exercise also prepares the participating Marines and sailors to support 31st Marine Expeditionary Unit, 3rd Marine Division and III MEF with proficient reconnaissance and surveillance capabilities, according to Harris.

Sandfisher is scheduled to include additional training events focusing on underwater navigation and ground-reconnaissance tactics training.

"During the exercise, elements of 3rd Recon. Bn. will execute the breadth and depth of reconnaissance training," said 1st Sgt. Erick J. Robles, the Company B first sergeant. "This will include low-level, static-line parachuting, military free-fall parachuting, combatant diving, Diver Propulsion Device employment, long-range precision fires marksmanship, basic and advanced weapons employment, mounted weapons employment, team and platoon-level live fire and maneuver, small boat handling, surf zone passages, hydrographic surveys, submarine launch and recovery operations, team and platoon-level patrolling, long-range reconnaissance reporting, and patrol base operations."

By accomplishing these tough and challenging tasks, the company will build cohesive reconnaissance units capable of operating independently in any environment with limited support, according to Robles.

The exercise is scheduled to conclude in March, with the Marines returning to Okinawa.

STALLIONS from pg 1

Force, under the unit deployment program.

Confined area landing is a technique used by helicopter squadrons when runways or formal landing zones are unavailable, according to Cpl. James J. Eck, a CH-53E crew chief with the squadron.

"These landings are made for dropping off Marines and gear in tactical environments," said Eck. "Helicopters don't require a runway to land and are capable of landing in limited areas, which makes it perfect for tactical missions."

This training was part of the squadron's preparation for deployments with the 31st MEU, including training in Korea, according to Capt. Brian P. Spillane, a CH-53E pilot and the training officer with the squadron.

"This training helps us by sharpening the skills of our more experienced Marines and developing new skills in our junior Marines," said Spillane. "This way they'll be better prepared for real-life scenarios."

This landing technique is useful for maneuver warfare and disaster relief operations as well, according to Capt. Devin F. Kelly, a CH-53E pilot with the squadron.

"The (Super) Stallions can carry a max weight of 36,000 pounds of

personnel and equipment and can land in confined areas," said Kelly. "This makes them critical for tactical insertions on the battlefield as well as being capable of delivering humanitarian aid, such as food, water and other essentials, to remote villages or (affected) areas."

The CH-53Es tactical capabilities were used in previous humanitarian and disaster relief operations such as the aid provided after a devastating typhoon in the Philippines and earthquakes in Indonesia in 2009, according to Kelly.

During the training, two CH-53E helicopters departed from MCAS Futenma and flew to the Central Training Area.

"During any operation, the smallest unit we move in is two helicopters," said Eck. "This way we are capable of supporting each other in case of an emergency. It's like having a battle buddy; you look out for each other and make sure everyone gets back safely."

The pilots of the aircraft then landed in several confined landing zones before returning to MCAS Futenma; successfully completing the training.

"The CH-53E is perfect for both humanitarian and combat scenarios thanks to its landing abilities," said Kelly. "It is for that reason we train to use every advantage this (aircraft) gives us."



Marines run toward an awaiting CH-53E Super Stallion helicopter Jan. 8 at Camp Hansen. The Marines took part in fast-rope training, where more than 100 Marines familiarized themselves with the essential technique.

Infantry Marines with 31st MEU drop in for fast

Story and photos by Cpl. Natalie M. Rostran

OKINAWA MARINE STAFF

Hearts racing, but with steady hands, the Marines grasped the rope that dangled from the helicopter hovering 30 feet in the air. Relying on their training, they took the plunge.

More than 100 Marines with 2nd Battalion, 5th Marine Regiment, executed helicopter rope suspension training with the support of CH-53E Super Stallion helicopters with Marine Heavy Helicopter Squadron 463 Jan. 8 on Camp Hansen.

The helicopters and crew with HMH-463, are currently assigned to Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st Marine Expeditionary Unit, III Marine Expeditionary Force, under the unit deployment program.

The infantrymen of 2nd Bn., 5th Marines, are currently assigned to the 31st

MEU, III MEF, under the UDP.

Helicopter rope suspension training is essential for infantry Marines, equipping them with the skill set needed for tactical insertion into areas without the need for the aircraft to touch down, according to Sgt. Gregory J. Dominguez, a machine gun section leader with the battalion.

"We're practicing fast-roping for insertion capabilities by (simulating) a raid objective, coming around the target, and fast-roping in by surprise," said Dominguez. "It gives us a quick insertion on the ground. That way we can jump in, complete the task, and move into another position."

For some of the Marines involved, the training marked the first use of the essential technique, according to 1st Lt. Thomas G. Scovel, an infantry officer with the battalion.

"It's important for our Marines to gain familiarity with the aviation combat element while they're with the MEU," said Scovel.

"For some of them, it's their first time fast-roping while on Okinawa."

This vital training is indispensable for infantry Marines to maintain mission readiness, according to Dominguez.

"It's important for the Marines to be comfortable with their gear coming down (the rope)," said Dominguez. "In a hostile environment, they can't be scared of coming down from the helicopter. They have to be focused."

Supporting the Marines' training also assisted the helicopter pilots with keeping their own skills sharp, according to Maj. Neil E. Oswald, a pilot with the squadron.

"Doing fast-roping requires us to keep a precision hover," said Oswald. "Precision hovers are used for the rapid insertions, rappelling, (special purpose insertion/extraction)

Marines practice their fast-roping techniques Jan. 8 at Camp Hansen. The Marines fast-roped down from a CH-53E Super Stallion helicopter in a precision hover at 30 feet. More than 100 infantrymen completed two iterations, one with minimal equipment and the second with full packs and weapons. The Marines are with 2nd Battalion, 5th Marine Regiment, currently assigned to the 31st Marine Expeditionary Unit, III Marine Expeditionary Force. The helicopter and crew are with Marine Heavy Helicopter Squadron 463, currently assigned to Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st MEU, III MEF, both part of the unit deployment program.

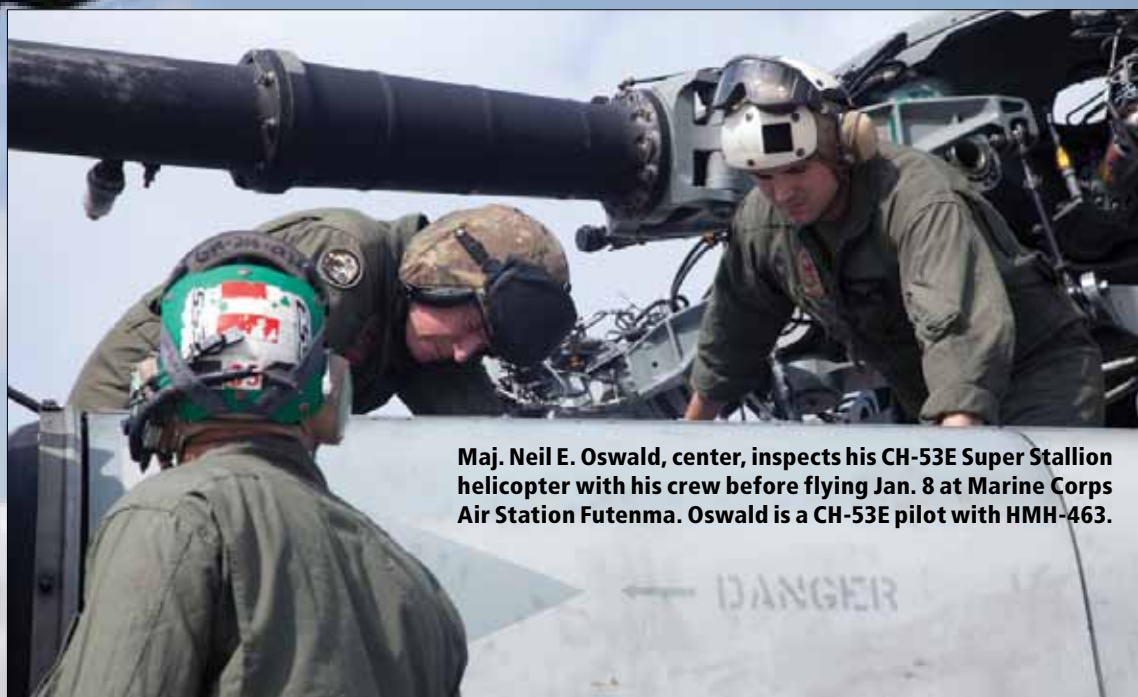
t-rope training

and fast-roping. We also use them for externals, where we hover over a load, either a Humvee or an artillery piece, and maintain a very precise hover as the (Marines on the ground) attach our hooks to the cargo."

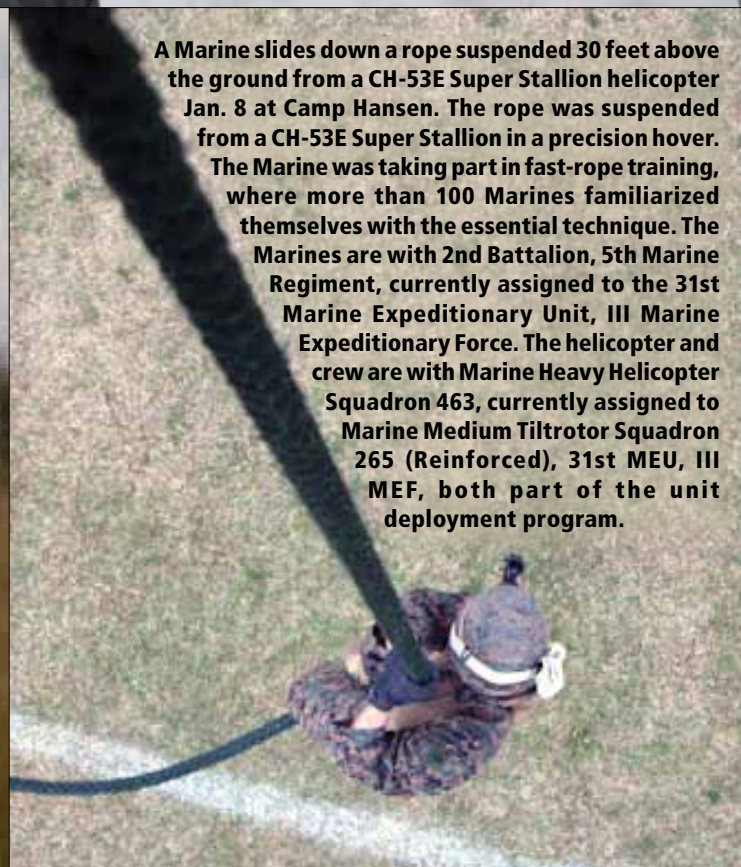
After gaining familiarity with the rope by executing the maneuver while wearing minimal equipment, the Marines then rappelled with a full pack and weapon.

The Marines need to be as comfortable as possible with the techniques because a crisis or contingency can arise at a moment's notice in the Asia-Pacific region, according to Dominguez.

"It's not hard, as long as you practice," said Dominguez. "When you practice and you're comfortable with all the equipment, your job, everything really becomes second nature."



Maj. Neil E. Oswald, center, inspects his CH-53E Super Stallion helicopter with his crew before flying Jan. 8 at Marine Corps Air Station Futenma. Oswald is a CH-53E pilot with HMH-463.



A Marine slides down a rope suspended 30 feet above the ground from a CH-53E Super Stallion helicopter Jan. 8 at Camp Hansen. The rope was suspended from a CH-53E Super Stallion in a precision hover. The Marine was taking part in fast-rope training, where more than 100 Marines familiarized themselves with the essential technique. The Marines are with 2nd Battalion, 5th Marine Regiment, currently assigned to the 31st Marine Expeditionary Unit, III Marine Expeditionary Force. The helicopter and crew are with Marine Heavy Helicopter Squadron 463, currently assigned to Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st MEU, III MEF, both part of the unit deployment program.



Marines zip-line through Okinawa’s jungle

Lance Cpl. Pete Sanders
OKINAWA MARINE STAFF

A bus travels down narrow, winding back roads leading to an open field and what appears to be a cabin hidden in the thick vegetation atop one of Okinawa’s looming hills. As U.S. service members file out and follow a footpath up to the building, anticipation builds.

Marines stationed at Camp Foster and Marine Corps Air Station Futenma recently attended a daylong trip sponsored in part by Marine Corps Community Services Okinawa to the Forest Adventure in Onna, Okinawa. The event was part of the MCCS and Single Marine Program’s “Home for the Holidays” campaign.

The campaign offers service members, their families and friends opportunities to take their minds off work and the demands of military life, according to Anna Borum, the community services coordinator with MCCS.

“Activities like today’s event can give us a chance to unwind,” said Borum. “To just (get out and) have good, clean fun.”

The park has many obstacles and challenges that complement the well-known zip-line attractions, according to Bobby L. Parker, a park employee.

“The course has everything from slides and bridges, to swings and nets,” said Parker. “You can get a pretty good workout going through the course.”

The participants were given the opportunity to enjoy a unique experience and time off, which reinforced the positive benefits of trying something new.

“I really enjoyed coming out here,” said Lance Cpl. Emerson P. Chavira, an equipment operator with Facilities Engineers, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific. “I met some new people and got to know other acquaintances better.”

Along with offering a chance to relax, the course also encouraged a high level of physical exertion, according to Reynaldo D. Contu, an MCCS tour guide for both on and off-island events.

“We can look at (today’s event) in more than one way,” said Contu. “It gives participants a



Lance Cpl. Emerson P. Chavira travels along a zip-line course recently at Forest Adventure in Onna, Okinawa. The course is one of many Marine Corps Community Services-sponsored trips as part of the “Home for the Holidays” campaign. Chavira is an equipment operator with Facilities Engineers, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific.
Photo by Lance Cpl. Pete Sanders

chance to unwind, as well as offering some physical training.”

The event also provided a medium for developing camaraderie and small-unit cohesion, according to Parker.

“We offer group packages, which give individual units a chance to participate and grow as a family,” said Parker. “As group morale improves, so does camaraderie.”

The park includes an area in

which unit leaders can instruct their subordinates before, during and after zip-lining, according to Parker.

“Since there’s an area that can be used for (instruction), units can come here, teach their Marines, then follow up with physical activity,” said Parker.

Units or individuals interested in participating can contact MCCS about myriad events taking place across Okinawa.

Elementary students inspired by Marines

Lance Cpl. Diamond N. Peden
OKINAWA MARINE STAFF

Nervously and carefully, students place a textbook atop a rectangular structure made of toothpicks and gumballs. If it can withstand the weight, their hard work and commitment will pay off.

The structure holds and the students erupt into cheers and clapping hands. Then slowly, one end starts to wane, tilting to the side before the books slide off, crumpling the fragile walls.

Picking up the mass of toothpicks and gumballs, the students start talking of new ideas for a bigger and better structure.

Recently, Marines collaborated with teachers of Stearley Heights Elementary School to mentor students during Science, Technology, Engineering and Mathematics week, an annual program developed to spur interest in learning modern-day science and mathematics.

The children learned how maps are configured, weather effects the environment, sound waves are made by instruments, how to build a radio antenna, and ways to design a structure made of toothpicks and gumballs that could support heavy objects.

“Our mission at Stearley Heights Elementary School is to provide our students with learning opportunities that stimulate their curiosity, motivate their creative thinking, and to relate to their individual strengths and weaknesses,” said Manny Rodriguez, a special education teacher at the school. “STEM emphasizes a hands-on ap-



Staff Sgt. Herbert M. Grose Jr., teaches students how to build a field expedient antenna as part of the recent Science, Technology, Engineering and Mathematics week at Stearley Heights Elementary School on Kadena Air Base. The students are third-graders at the school. Grose is a signals intelligence specialist with G-2, intelligence, Headquarters Battalion, 3rd Marine Division, III Marine Expeditionary Force.
Photo by Lance Cpl. Diamond N. Peden

proach to using science, technology, engineering and mathematics in real-world scenarios, lessons and experiments.”

To help the school with the program, Marines volunteered to show the students how the different subjects will apply to jobs they may have in the future.

“What we were trying to do is show them what we do in our day-to-day jobs (applies) to the things they’re trying to learn in school,” said Gunnery Sgt. Shane L. Channel, a meteorology and oceanography chief with G-2, intelligence, Headquarters Battalion, 3rd Marine Division, III Marine Expeditionary Force. “So basically, we’re just giving the children an overall, big-picture view of how these military jobs tie into the things that they’re learning in school.”

The interactive activities offered during STEM helped inspire children who may not have found the subjects creative or exciting.

“(Some) children who are not motivated to

read, do math or science, don’t realize they’re actually doing it right now,” said Rhoda Cruz, a second-grade teacher at the school. “We talked about why it’s important to design and plan your building before you build it. The children were excited to build, but we explained that you have to make the design, plan it out, and then actually build the design.”

With the collaboration of the teachers and Marines building upon what the students already learned and paving the way toward future educational opportunities, the students have a better grasp on these complex subjects, according to Rodriguez.

“STEM education creates critical thinkers, increases science literacy, and enables the next generation of innovators,” said Rodriguez. “The hope is that students will walk away with an excitement for these subjects and a greater knowledge on what the future holds for them with these skills.”



Lance Cpl. Philip A. Rickenbach, right, locks Bryan S. Caldwell's arm in a hold Jan. 4 during the Futenma Athletics Open Wrestling Tournament at Marine Corps Air Station Futenma's Semper Fit Gym. The referees used the International Federation of Associated Wrestling Styles as their rulebook and guide to supervise and score the tournament, which was sponsored by Marine Corps Community Services. Caldwell is a maintenance worker for Shogun Inn at Kadena Lodging. Rickenbach is an aerial gunner with Marine Heavy Helicopter Squadron 463, Marine Aircraft Group 24, 1st Marine Aircraft Wing, currently assigned to Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st Marine Expeditionary Unit, III Marine Expeditionary Force, under the unit deployment program.

Wrestlers take to mat at tournament

Story and photos by Lance Cpl. Diamond N. Peden
OKINAWA MARINE STAFF

Standing hunched over, elbows tucked close to his sides, he suddenly lunged forward, dropping his weight low to the ground, reaching around his imaginary opponent's neck, grabbing it, and spinning to the ground.

Standing up, the athlete shook out his arms. Taking a confident stance, he started another round of shadowboxing before the competition began.

Scenes like this unfolded during the Marine Corps Community Services-sponsored Futenma Athletics Open Wrestling Tournament, which was available to all service members, dependents and contractors, Jan. 4 at the Semper Fit Gym on Marine Corps Air Station Futenma.

The double-elimination freestyle wrestling tournament was divided into five weight divisions: 145.5, 163, 185, 210 and 210.1-264 pounds. Within each division, there was a 1st, 2nd and 3rd place winner.

"Last year, we had about 45—participants, and so far this year, it looks like we'll have more," said D. Houston Merritt, a sports coordinator at the gym. "It's a good turnout. The Marines seem to enjoy it."

To supervise and score the matches, the referees used the International Federation of Associated Wrestling Styles as their rulebook and guide.

"Takedowns are worth two points, reversals are worth two points and if you hold your opponent in a danger position, with their back exposed to the mat, that's two points," said Steve C. Schrock, a referee at the tournament.



Lance Cpl. Matthew G. Kent, left, attempts to pin Tyler J. Putt to the mat during the Futenma Athletics Open Wrestling Tournament Jan. 4 at Marine Corps Air Station Futenma's Semper Fit Gym. The wrestling style designated for the tournament was freestyle, where the wrestlers are on their feet more often and try to pin their opponent to the mat. Once both shoulder blades touch the mat, the bout is over. Kent is a rifleman with 2nd Battalion, 5th Marine Regiment, currently assigned 4th Marine Regiment, 3rd Marine Division, III MEF, under the UDP. Putt is a college student.

"If you hold your opponent in that way for an extra five seconds you get a bonus point for that. Then when both shoulder blades touch the mat, the match is over."

Even if the opponent lost their first match within the double elimination rules, they still had a chance to come out on top.

"The main reason for (the double elimination) is that it gives everybody more chances to wrestle," said Schrock. "It's a tough sport. To be good at it, you have to be dedicated, in good condition, and you have got to be tough."

For the wrestlers, it gave them something to work toward, mentally and physically, according to Lance Cpl. Philip A. Rickenbach, a competitor in the 145.5 pound division and an aerial gunner with Marine Heavy Helicopter Squadron 463, currently assigned to Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st Marine Expeditionary Unit, III Marine Expeditionary Force, under the unit deployment program.

"Wrestling keeps you fit, it makes a mental discipline of what you're doing and what you're trying to accomplish with the goals that you've set," said Rickenbach. "It's a sport that keeps on building on itself and that's why I like it."

The wrestlers were able to be confident in their abilities on the mat, pinpoint their weaknesses to work on, and prepare themselves for next year, according to Rickenbach.

"I know that I did my best and will try harder next year," said Rickenbach. "Just the fact that I gained more experience is the biggest thing right there. It's what I took away from this."

1st place winners

145.5 lbs: Lance Cpl. Scott W. Stout Jr.
163 lbs: Tanner Stamper
185 lbs: Lance Cpl. Matthew G. Kent
210 lbs: Michael Wagner
210.1-264 lbs: Sgt. Johnathon R. Robinson



Steve C. Schrock, standing second from left, briefs wrestling participants on safety guidelines developed by the International Federation of Associated Wrestling Styles Jan. 4 at Marine Corps Air Station Futenma's Semper Fit Gym during the Futenma Athletics Open Wrestling Tournament. Schrock is an official referee for the tournament.

Community elders celebrate holidays with Marines

Lance Cpl. Diamond N. Peden

OKINAWA MARINE STAFF

“Ho, ho, ho, Merry Christmas!” said jolly old Santa Claus, portrayed by 1st Sgt. Nelson A. Hidalgoguerrero, spreading holiday cheer to both Marines and community members.

Marines and sailors with 7th Communication Battalion, III Marine Expeditionary Force Headquarters Group, III MEF, recently shared the Christmas holiday by singing carols and presenting gifts to Hikari Gaoka residents in Kin Town. Hidalgoguerrero is the first sergeant with Service Company, 7th Comm. Bn.

“As you see the elders’ smiling faces, that’s the result of the Marines’ presence,” said Ayako Ginoza, the nursing home manager. “The Marines were there to sing songs, and (it) makes the residents really happy.”

Being in the nursing home and giving gifts reminded the Marines and sailors of their own families and created a bond between the Marines and the residents, according to Sgt. Brenden D. McDaniel, a

technical controller Marine with the battalion.

“Christmas is about being with family, it’s about taking some time to reflect over the year and think about the season,” said McDaniel. “(By being here, we’re) helping one another out, and celebrating life a little bit. It’s something you can write home to your parents and family about.”

Over time, the Marines and sailors have come to know the nursing home as a welcoming and familiar place, and recognize the mutual benefits of this unique relationship.

“It’s a family environment every time we go over there,” said McDaniel. “They’re just so happy to see us. It’s good for us because it gets us into the community (and) out of the barracks. It’s good for them because it brings a sense of entertainment to their daily lives; something that they might not get to see all the time.”

The nearly 20-year relationship between the battalion and the nursing home has seen a variety of festivals, holidays and events. Service members and residents teach each other traditions native to their respective home country and share



Santa Claus, portrayed by 1st Sgt. Nelson A. Hidalgoguerrero, greets a nursing home resident with a “Merry Christmas!” at the Hikari Gaoka nursing home as part of a community outreach event. The recent celebration is an annual event between the residents, staff and service members. Hidalgoguerrero is the first sergeant of Service Company, 7th Communication Battalion, III Marine Expeditionary Force Headquarters Group, III MEF. Photo by Lance Cpl. Diamond N. Peden

experiences with one another.

“I would say the relationship has flourished and deepened,” said U.S. Navy Lt. Stephen F. Brown, the chaplain with 7th Comm. Bn. “(This year), the nursing home and everybody there saw that there was

a lot more camaraderie and a lot more laughter.”

With myriad events shared between the service members, residents and staff, the battalion continuously fosters the positive relationship built through the years.

Marines spend holiday season with local children

Lance Cpl. Pete Sanders

OKINAWA MARINE STAFF

The holiday season is often filled with family gatherings, gift exchanges and feasts.

A group of Marines brought that cheer to residents at a local home for children.

Volunteers with 3rd Intelligence Battalion, III Marine Expeditionary Force Headquarters Group, III MEF, delivered personalized gifts to children recently at the Nagomi Nursing Home for Children in Kin Town.

The participants purchased and labeled the gifts to each individual child, ensuring everyone received at least one present specifically selected for them.

The event was the first of its kind for the Marines, organized primarily by Sgt. Christopher P. Bissonnette, an imagery analyst with the battalion, who was inspired by the Marine Corps Reserve’s Toys for Tots program.

“Getting the legalities and logistics right was a definite challenge,” said Bissonnette. “But at the end of the day, it was all worth it.”

Other participants agreed the children were deserving of all the effort they put into the day’s event, according to Lance Cpl. Jennifer Sanchez, an intelligence specialist with the battalion.

“These children don’t have (traditional) families like we do, so we wanted to share the joy our families bring us with them,” said



Daiki Miyara waits to open gifts donated by Marines with 3rd Intelligence Battalion at the Nagomi Nursing Home for Children. 3rd Intel. Bn. is assigned to III Marine Expeditionary Force Headquarters Group, III MEF. Photo by Lance Cpl. Pete Sanders

Sanchez. “As Marines, we see each other as family, and in a way these children are like an extended family. Seeing the happiness on their little faces makes the time we (volunteer) more than worthwhile.”

The Marines donated time and presents to the children, but the event was much more meaningful than those two elements, according to Sanchez.

“Events like this are fun and, most importantly, I know I’m making a difference,” said Sanchez. “These children will remember this for the rest of their lives.”

Many of the children and residents of the home found the experience just as rewarding, according to Haruno Mimura, a student at the home’s associated school.

“This was a very important and emotionally

rewarding experience,” said Mimura. “It brought the Marines together with us to help show these children the real spirit of the season.”

Even though the event was tailored toward the children, the holiday’s tradition of gift giving brought happiness to all sides of the exchange, according to Bissonnette.

“Even though (the children) didn’t have material gifts for us, I feel that their joy and appreciation is more than enough,” said Bissonnette. “I’m just happy to do it.”

The holiday spirit is about showing and acting upon the compassionate side of the human heart, according to Mimura.

“Many times, we fall into wants and desires,” said Mimura. “It’s not about what we want or who gives the best gift, it’s about letting everyone – loved ones and strangers – know we care.”

In Theaters Now

JAN. 10-16
FOSTER

TODAY Paranormal Activity: The Marked Ones (R), 6 & 9 p.m.
SATURDAY Walking with Dinosaurs (3-D) (PG), noon; The Secret Life of Walter Mitty (PG), 3 p.m.; Paranormal Activity: The Marked Ones (R), 6 & 9 p.m.
SUNDAY Frozen (PG), 1 p.m.; The Hobbit: The Desolation of Smaug (PG13), 4 p.m.; Paranormal Activity: The Marked Ones (R), 6 & 9 p.m.
MONDAY Paranormal Activity: The Marked Ones (R), 7 p.m.
TUESDAY The Hunger Games: Catching Fire (PG13), 7 p.m.
WEDNESDAY Tyler Perry's A Madea Christmas (PG13), 7 p.m.
THURSDAY Paranormal Activity: The Marked Ones (R), 7 p.m.

KADENA

TODAY Frozen (PG), 1:30 p.m.; Anchorman 2: The Legend Continues (PG13), 4:30 p.m.; Paranormal Activity: The Marked Ones (R), 7:30 & 10:30 p.m.
SATURDAY Frozen (PG), noon; The Secret Life of Walter Mitty (PG), 3 p.m.; The Hunger Games: Catching Fire (PG13), 6 p.m.; Paranormal Activity: The Marked Ones (R), 9:30 p.m.
SUNDAY Frozen (PG), noon & 3 p.m.; The Hobbit: The Desolation of Smaug (PG13), 6 p.m.; The Hobbit: The Desolation of Smaug (PG13), 9 p.m.
MONDAY The Hobbit: The Desolation of Smaug (PG13), 4:30 p.m.; American Hustle (R), 7:30 p.m.
TUESDAY The Secret Life of Walter Mitty (PG), 4:30 p.m.; The Wolf of Wall Street (R), 7:30 p.m.
WEDNESDAY Frozen (PG), 4:30 p.m.; Paranormal Activity: The Marked Ones (R), 7:30 p.m.
THURSDAY Frozen (PG), 4:30 p.m.; Paranormal Activity: The Marked Ones (R), 7:30 p.m.

COURTNEY

TODAY Paranormal Activity: The Marked Ones (R), 6 & 9 p.m.
SATURDAY The Secret Life of Walter Mitty (PG), 3 p.m.; American Hustle (R), 6 p.m.
SUNDAY The Secret Life of Walter Mitty (PG), 3 p.m.; Paranormal Activity: The Marked Ones (R), 6 p.m.
MONDAY The Wolf of Wall Street (R), 7 p.m.
TUESDAY Closed
WEDNESDAY Paranormal Activity: The Marked Ones (R), 7 p.m.
THURSDAY Closed

FUTENMA

TODAY Paranormal Activity: The Marked Ones (R), 6:30 p.m.
SATURDAY Anchorman 2: The Legend Continues (PG13), 4 p.m.; Paranormal Activity: The Marked Ones (R), 7 p.m.
SUNDAY The Secret Life of Walter Mitty (PG), 4 p.m.; Paranormal Activity: The Marked Ones (R), 7 p.m.
MONDAY The Wolf of Wall Street (R), 6:30 p.m.
TUESDAY-THURSDAY Closed

KINSEY

TODAY Paranormal Activity: The Marked Ones (R), 6:30 p.m.
SATURDAY The Hunger Games: Catching Fire (PG13), 3 p.m.; Paranormal Activity: The Marked Ones (R), 6:30 p.m.
SUNDAY Frozen (3-D) (PG), 1 p.m.; Walking with Dinosaurs (PG), 3:30 p.m.; Paranormal Activity: The Marked Ones (R), 6:30 p.m.
MONDAY-TUESDAY Closed
WEDNESDAY Paranormal Activity: The Marked Ones (R), 6:30 p.m.
THURSDAY The Hobbit: The Desolation of Smaug (3-D) (PG13), 6:30 p.m.

SCHWAB

TODAY Paranormal Activity: The Marked Ones (R), 6 & 9 p.m.
SATURDAY Paranormal Activity: The Marked Ones (R), 6 & 9 p.m.
SUNDAY Anchorman 2: The Legend Continues (PG13), 4 p.m.; Paranormal Activity: The Marked Ones (R), 7 p.m.
MONDAY Homefront (R), 7 p.m.
TUESDAY The Hobbit: The Desolation of Smaug (3-D) (PG13), 7 p.m.
WEDNESDAY-THURSDAY Closed

HANSEN

TODAY Paranormal Activity: The Marked Ones (R), 6:30 & 10 p.m.
SATURDAY Paranormal Activity: The Marked Ones (R), 6 & 9:30 p.m.
SUNDAY American Hustle (R), 2:30 p.m.; Paranormal Activity: The Marked Ones (R), 6 p.m.
MONDAY Anchorman 2: The Legend Continues (PG13), 7 p.m.
TUESDAY The Hobbit: The Desolation of Smaug (PG13), 7 p.m.
WEDNESDAY Homefront (R), 7 p.m.
THURSDAY Paranormal Activity: The Marked Ones (R), 7 p.m.

THEATER DIRECTORY

CAMP FOSTER 645-3465
KADENA AIR BASE 634-1869
(USO NIGHT) 632-8781
MCAS FUTENMA 636-3890
(USO NIGHT) 636-2113
CAMP COURTNEY 622-9616
CAMP HANSEN 623-4564
(USO NIGHT) 623-5011
CAMP KINSEY 637-2177
CAMP SCHWAB 625-2333
(USO NIGHT) 625-3834

Movie schedule is subject to change without notice. Call in advance to confirm show times. For a complete listing and 3-D availability visit www.shopmyexchange.com.



SINGLE MARINE PROGRAM EVENTS

For more information or to sign up, contact the Single Marine Program at 645-3681.

NEW SMP LOUNGES

• SMP has recently opened "Homes of the SMP" on Camps Foster, Hansen and Schwab. These facilities have several TVs and computers, and a theater room with theater seating. The Foster location is Bldg. 5908; the Hansen location is Bldg. 2377; and the Schwab location is Bldg. 3667.

CHERRY BLOSSOM FESTIVAL

• SMP will provide transportation Jan. 25 to the Cherry Blossom Festival. Foster Field House: noon; Futenma Semper Fit Gym: 12:20 p.m.; Kinser gym: 12:50 p.m.; Courtney gym: 1 p.m.; Hansen House of Pain: 1:30 p.m.; Schwab gym: 2 p.m. Sign up with the SMP office by Jan. 22.

Mention of any company in this notice does not imply endorsement by the Marine Corps.

TEST YOUR CORPS KNOWLEDGE:

Which Marine became famous as the wise-cracking surgeon, Capt. B.J. Hunnicutt, on M*A*S*H?

See answer in next week's issue

LAST WEEK'S QUESTION:

Which weapon system allows both increased firepower at the individual level and the ability to mark targets from a distance?

ANSWER:

The M203 40 mm grenade launcher.



Japanese phrase of the week:

“Hajime mashite.”

(pronounced: hah-gee-meh-mash-ee-the)

It means “Nice to meet you.” (said when meeting someone for the first time.)

CHAPLAINS'

OPINION

“... being a worthy role-model is needed by our country today.”



Inspiration found in heroes

Lt. Kristian Carlson

CAMP KINSEY CHAPLAIN

This past Thanksgiving, Kinser Chapel's congregations, along with the Camp Kinser community, had the opportunity to serve Marines and sailors a special Thanksgiving Day dinner. It was a beautiful moment, when volunteers, young and old, joined in to show love to our warriors who serve here far from home.

As I recall that meal, and remember those strong, fine young Americans, relaxing at the table, I can't help but think of the communities that they represent. Many at home long to see them and to spend time with them during the holidays.

I think it's safe to say that many of our Marines and sailors are considered with a hero-status by their younger siblings, nieces and nephews, and communities back home. With that in mind, let me share two thoughts with you.

The first is that being a worthy role-model is needed by our country today.

The second is this, if we are to be worthy heroes, it helps to have worthy heroes ourselves. This is because the level of greatness that our heroes have attained often becomes the maximum level for which we ourselves are reaching.

There was an early Christian leader named Paul who said, “Imitate me as I imitate Christ.” He was very focused on the one whom he considered his hero. To the extent that his hero loved, served and humbled himself, Paul would do the same.

I am proud to serve among America's warriors on Okinawa.

You inspire me daily. May each of us recognize the incredible strength of the example we provide to our families and communities.

When we feel the pressure of our burden of duty, may we remember worthy heroes who inspire us to reach forward gladly, with all our strength.

FOR UPCOMING SPECIAL WORSHIP SERVICES AND EVENTS FOR ALL MARINE CORPS BASE CHAPELS, CALL 645-2501 OR VISIT WWW.MCIPAC.MARINES.MIL AND LOOK UNDER “AROUND MCIPAC”